

# **Action for Healthy Kids: What's Happening Nationally and Locally**



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# What is Action for Healthy Kids?

- An integrated national-state effort that is addressing the epidemic of overweight, undernourished and sedentary youth by focusing on changes in the school environment
- An outgrowth of the 2002 Healthy Schools Summit
- A response to the Surgeon Generals' Call to Action to Prevent and Decrease Overweight and Obesity



# The 2002 Healthy Schools Summit

A landmark event which brought  
together education and health  
leaders to

**TAKE ACTION**

to improve students' performance  
through better nutrition and  
physical activity in schools



# Who's involved?

- Nationally—
  - More than 35 national organizations and government agencies representing education, fitness, health and nutrition.
  - 51 Action for Healthy Kids State Teams
- Locally—
  - Over 10 state organizations and government agencies who represent education, fitness, health and nutrition



# How are we taking action?

- State Teams are developing and implementing action plans to:
  - Improve school children's eating habits
  - Integrate nutrition education into the curriculum
  - Increase school children's physical activity
  - Educate administrators, educators, students and parents about the role of sound nutrition and physical activity in academic achievement



# Taking Action in Washington

- Goals were selected based on information about current statistics on health and policies existing in schools geared towards health, nutrition, fitness and physical activity



# Action #1

- Provide age-appropriate and culturally sensitive instruction in health education and physical education that help students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy eating habits and a physically active lifestyle.



## Action #2

- Adopt policies ensuring that all foods and beverages available on school campuses and at school events contribute toward eating patterns that are consistent with the Dietary Guidelines for Americans.





## Action #3

- Provide an adequate amount of time for students to eat school meals, and schedule lunch periods at reasonable hours around midday.



# What have we done and what's next?

- Awareness is being and has been created at numerous presentations
- “Best Practices” for health and physical education are being investigated for future distribution
- “Model Policy” recommendations are being complied for nutrition and physical activity as requested by State Superintendent Dr. Terry Bergeson
- Research reviews are being conducted on the school meal period for future distribution
- Partnerships with other organizations, coalitions, individuals and others are being developed



# Who's working with Action for Healthy Kids?

- Office of the Superintendent of Public Instruction
- Department of Health
- The Children's Alliance
- Washington State Dairy Council
- Comprehensive Health Education Foundation
- UW Center for Public Health Nutrition
- Cross Cultural Health Care Program
- Seattle – King County Health Department
- State Board of Health
- State PTA
- Other individuals, coalitions and organizations



# Action for Healthy Kids

- Healthy schools—those that support good nutrition and physical activity as part of a total learning environment—produce healthy students



# Action for Healthy Kids

- Healthy students are better able to develop and learn
- Healthy students who achieve their educational potential form healthy communities
- Healthy communities build a healthy America



# Action for Healthy Kids

- The crucial role that schools play in helping shape our children's future makes them an essential partner in promoting a healthy lifestyle—**through a healthy school environment**



# For more information

- Visit [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
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